


Manchester VA Medical Center Whole Health Program May 2023

Monday	Tuesday	Wednesday	Thursday	Friday
1 Yoga & Meditation 10:00-11:00 AM Intro to Whole Health 2:00-3:00 PM	2 Photography 12:30-2:00 PM Functional Fitness Group 1:00-2:00 PM Stretch It Out 3:00-3:30 PM ² Intro to Whole Health 3:00-4:00 PM Unity Group 3:30-4:30 PM	3 ² Intro to Whole Health 9:00-10:00 AM Writing for Well-Being 9:00-10:30 AM Art for Well-Being 11:00-12:00 PM ¹ Drawing for Well-Being 2:00-3:30 PM	4 Healthy Teaching Kitchen 9:15-9:45 AM Tai Chi for Balance 11:00-12:00 PM Mindfulness 1:00-1:30 PM ² Sober Leisure 1:30-2:30 PM	5 ¹ Functional Fitness Group 10:00 -11:00 AM Mindful Journaling 11:00-11:30 AM Self-Care Through Cinema 12:30-1:00 PM
8 Yoga & Meditation 10:00-11:00 AM Tai Chi for Health 11:00-12:00 PM ¹ Music Meet Up 11:00-12:00 PM	9 ¹ Fiber Arts 9:00-10:30 AM Functional Fitness Group 1:00-2:00 PM Stretch It Out 3:00-3:30 PM	10 Intro to Whole Health 10:00-11:00 AM ¹ Acrylic Paint Pour 2:00-3:00 PM	11 Mindfulness 1:00-1:30 PM ² VA CALM 3:00-4:30 PM	12 ¹ Functional Fitness Group 10:00 -11:00 AM Intro to Whole Health 10:00- 11:00 AM Mindful Journaling 11:00-11:30 AM
15 Yoga & Meditation 10:00-11:00 AM Intro to Whole Health 2:00-3:00 PM	16 Photography 12:30-2:00 PM Functional Fitness Group 1:00-2:00 PM Stretch It Out 3:00-3:30 PM ² Intro to Whole Health 3:00-4:00 PM Unity Group 3:30-4:30 PM	17 Virtual VA2K Walk & Roll 10:00-11:00 AM ¹ VA2K Walk & Roll 11:00-1:00 PM ¹ PeaceLove Workshop 2:00-3:30 PM	18 Healthy Teaching Kitchen 9:15-9:45 AM Tai Chi for Balance 11:00-12:00 PM Mindfulness 1:00-1:30 PM ² VA CALM 3:00-4:30 PM	19 ¹ Functional Fitness Group 10:00 -11:00 AM Taking Charge In Self-Care 10:00 -11:00 AM Mindful Journaling 11:00-11:30 AM Self-Care Through Cinema 12:30-1:00 PM
22 Yoga & Meditation 10:00-11:00 AM Tai Chi for Health 11:00-12:00 PM ¹ Music Meet Up 11:00-12:00 PM	23 ¹ Fiber Arts 9:00-10:30 AM Functional Fitness Group 1:00-2:00 PM Stretch It Out 3:00-3:30 PM ² Intro to Whole Health 3:00-4:00 PM	24 ² Intro to Whole Health 9:00-10:00 AM ¹ Horticulture Workshop 1:00-2:00 PM	25 Mindfulness 1:00-1:30 PM ² Sober Leisure 1:30-2:30 PM ² VA CALM 3:00-4:30 PM	26 ¹ Functional Fitness Group 10:00 -11:00 AM Intro to Whole Health 10:00- 11:00 AM Mindful Journaling 11:00-11:30 AM Self-Care Through Cinema 12:30-1:00 PM
29 Memorial Day 	30 Photography Field Day 10:00- 11:30 AM Functional Fitness Group 1:00-2:00 PM Book Club 1:00-2:00 PM Stretch It Out 3:00-3:30 PM Unity Group 3:30-4:30 PM	31 ² Intro to Whole Health 9:00-10:00 AM Art for Well-Being 11:00-12:00 PM	¹ VA Medical Center, 718 Smyth Road, Solarium, Basement, Manchester, NH.	² Brady Sullivan Tower, 1750 Elm Street, Suite 1000, 10 th Floor, Manchester, NH

Manchester VA Medical Center Whole Health Program May 2023

Well-Being Programs are designed to empower and equip Veterans to live life to the fullest.
Please contact Whole Health at 603-624-4366 x5046 to register or to learn more.

Acrylic Paint Pour (In Person- VA Medical Center, Solarium)

2:00-3:30 PM Wednesday, May 10th.

Learn to let go and let your creativity come alive as you engage in this fluid painting technique.

Art for Well-Being (VVC- VA Video Connect)

11:00-12:00 PM Wednesday, May 3rd & 31st.

Inspirational uses of art to destress and realize your creative potential.

Book Club (VVC- VA Video Connect)

1:00 -2:00 PM Tuesday, May 30th. ***Behind the Beautiful Forevers*** by Katherine Boo

The selected book for March is *Radium Girls* by Kate Moore.

Fiber Arts (In Person- VA Medical Center, Solarium)

9:00-10:30 AM Tuesday, May 9th & 23rd.

Creative collaborative featuring needle felting, knitting & crocheting.

Functional Fitness (In Person and VVC-VA Video Connect) *This class requires a consult.

1:00-2:00 PM on Tuesdays, May 2nd, 9th, 16th, 23rd & 30th. **(VVC- VA Video Connect)**

10:00-11:00 AM on Fridays, May 5th, 12th, 19th & 26th. **(Hybrid: VA Medical Center, Solarium)**

An exercise program designed to reduce pain by improving strength, flexibility, and function with the goal of giving Veterans the knowledge to safely exercise on their own.

Healthy Teaching Kitchen (VVC-VA Video Connect)

9:15-9:45 AM on Thursday, May 4th & 18th. Call ext. 603-624-4366 6404/6415 to enroll.

Learn how to make healthy food choices and prepare different foods.

Horticulture Workshop: Transplanting (In Person- VA Medical Center, Solarium/Courtyard)

1:00-2:00 PM on Wednesday, May 24th. Collaboration with UNH Cooperative Extension.

Intro to Whole Health (In Person- Brady Sullivan Tower, Suite 1000. 1750 Elm Street, Manchester, NH and on VVC-VA Video Connect)

2:00-3:00 PM Monday, May 1st & 15th. **(VVC-VA Video Connect)**

3:00-4:00 PM Tuesday, May 2nd, 16th & 23rd. **(In person- Brady Sullivan Tower, 10th floor)**

9:00-10:00 AM Wednesday, May 3rd, 24th & 31st. **(In person- Brady Sullivan Tower, 10th floor)**

10:00-11:00 AM Wednesday, May 10th. **(VVC-VA Video Connect)**

10:00-11:00 AM Friday, May 12th & 26th. **(VVC-VA Video Connect)**

Live Whole Health by learning about the Whole Health System of care and the many resources available to help you reach your individual health and wellness goals. All are welcome.

Mindful Journaling (VVC- VA Video Connect)

11:00-11:30 AM Friday, May 5th, 12th, 19th & 26th. Unwind through mindful journaling.

Mindfulness (VVC-VA Video Connect)

1:00-1:30 PM on Thursday, May 4th, 11th, 18th & 25th.

Rest and recharge through mindfulness activities including guided imagery and meditation.

Music Meet Up (In Person- VA Medical Center, Solarium)

11:00-12:00 PM Monday, May 8th & 22nd. Join other Veterans in playing and listening to music.

Open Gym (In Person- Brady Sullivan Tower, Suite 1000. 1750 Elm Street, Manchester, NH)

8:00-10:00 AM Tuesdays, May 2nd, 9th, 16th & 23rd. (Gym will be closed May 30th.)

12:30-2:00 PM Thursdays, May 4th, 11th, 18th & 25th.

Please call x5046 to sign-up or to schedule your Wellness Center Orientation.

Peace Love Workshop (In Person- VA Medical Center, Solarium)

2:00-3:30 PM on Wednesday, May 17th.

Expressive art workshop to connect and create. Make stuff, feel better.

Photography: Birding (VVC-VA Video Connect)

12:30-2:00 PM Tuesday, May 16th.

Veterans will have the opportunity to discuss a different photography skill or topic each session.

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Photography Field Day (In-Person- Monson Village, Milford, NH) *Call x5046 for location.

10:00- 11:30 AM Tuesday, May 30th.

Application of photography skills within the community setting.

Self-Care through Cinema (VVC-VA Video Connect)

12:30-1:00 PM on Friday, May 5th, 19th & 26th.

Identify and discuss self-care through cinema. Movies are as follows: 5/5 Rocky; 5/19 300; 5/26 Warrior

Stretch it Out (VVC-VA Video Connect)

3:00-3:30 PM on Tuesday, May 2nd, 9th, 16th, 23rd & 30th.

This entry-level class is for any Veteran looking to improve range of motion and flexibility.

Tai Chi for Balance (VVC- VA Video Connect)

11:00-12:00 PM Thursday, May 4th & 18th.

Eight forms of the Yang style of Tai Chi intended to strengthen core stability and improve balance.

Tai Chi for Health (VVC-VA Video Connect)

11:00-12:00 PM on Monday, May 8th & 22nd.

Seated Tai Chi to strengthen the mind-body connection.

Taking Charge in Self-Care (VVC- VA Video Connect)

10:00-11:00 AM 3rd Friday of every month, May 19th.

Take charge of your health and well-being by exploring the 8 areas of self-care. This interactive and informative program will help you #LiveWholeHealth. March focus: *Whole Health approach to care.*

Taking Charge of My Life and Health (VVC VA Video Connect)

2:00-3:30 PM on Fridays. *6-week series- Call x5046 to register. **Next cohort date to be determined.*

Discover your Mission, Aspiration, Purpose (MAP) and learn about proactive health. Participant workbook will be provided.

Unity Group & LGBTQ+ Groups (VVC-VA Video Connect)

3:30-4:30 PM Tuesday, May 2nd, 16th & 30th.

The Unity Group is a LGBTQ+ support group that utilizes the Whole Health model. Contact Jessie Tustin at 603-851-1552 or Dr. Lawrence-Clarke at x6962 for more information.

VA CALM (In Person- Brady Sullivan Tower, Suite 1000. 1750 Elm Street, Manchester, NH)

3:00-4:30 PM Thursdays. *Next Cohort begins May 11th and runs through June 29th.*

8-week series focused on building a mindfulness practice. Space is limited. Registration is required. All experience levels welcome. To register and for more information please email Laura.Shannon@va.gov.

***VA2K Walk & Roll (In Person- VA Medical Center, Solarium) ***

11:00 AM Wednesday, May 17th.

Join us for a 2K walk & roll to promote healthy living and support homeless Veterans. All are welcome.

***Virtual VA2K (VVC-VA Video Connect) ***

10:00 AM Wednesday, May 17th.

Join us virtually to promote healthy living and support homeless Veterans. Veterans only please.

Writing for Well-Being (VVC- VA Video Connect)

9:00-10:30 AM Wednesday, May 3rd.

A community of writers sharing work and using creative writing prompts to inspire and relax.

Yoga (VVC-VA Video Connect)

10:00-11:00 AM on Monday, May 1st, 8th, 15th & 22nd.

Yoga for all Veterans. All abilities and experience levels welcome.

**For additional information about Whole Health visit:
[Whole Health Home \(va.gov\)](https://www.va.gov)**

